

ActivCare at Rolling Hills Ranch is full of energy, excitement, and has a schedule packed with fun. Check out what's on the agenda for August!

[View our Activities Calendar Here](#)

Say Hello to Help

How many times has a friend asked if you need help? How many times have you said, "No thanks, I'm fine."

Asking and accepting help is not a sign of weakness; it's a sign of humanness. When you are willing to lean on those who offer their help and support, you become more centered and calmer.



With our magic wand, we are granting you the right to ask for help and we have a creative solution for you.

1. Take an ordinary piece of paper and stick it to your refrigerator.
2. Throughout the day, jot down something that you didn't get a chance to do, that you could really use help with. This could be grocery shopping, gardening, picking up stamps, picking up pet food, or any errand that you were not able to get to.
3. Next time anyone asks if they can help, share the list with them and ask what they would be able to do.
4. Not only will you cross a task off your list, but you will also provide an opportunity for a friend/family member to contribute, which is rewarding for them.

So the next time someone offers you help, say, "Yes!" Try it.

[Read More Tips Here](#)



Need a Vacation from Caregiving?

ActivCare at Rolling Hills Ranch offers short-term (30 day) stays. It's an opportunity for you to take a short break from daily caregiving and recharge while we provide round-the-clock loving care and a daily schedule of engaging activities for your loved one with Alzheimer's.

Your loved one will cherish their month-long retreat at our community!

Call us at **(619) 522-3517** to learn more about how ActivCare enhances life for those with memory loss.

ACTIVCARE[®]
Rolling Hills Ranch
Residential Memory Care

[Visit our Website](#)

850 Duncan Ranch Road | Chula Vista, CA 91914